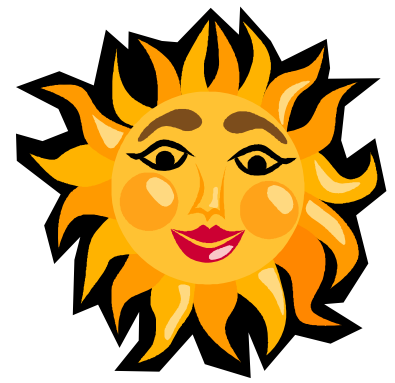


SAFETY MESSAGE

Your Personal Safety is our #1 priority



Sunburns, Compiled by USDA-APHIS-CCEP

1. Sunburn causes red, hot and tender skin in the burned areas. In extreme cases, second degree burns may form blisters.
2. Sun poisoning means a sunburn is severe enough to cause a whole body reaction, which might include a fever, chills, nausea, vomiting and a headache.

How to Treat Sunburn

- Protect the burned part from the sun
- Apply cool, wet compresses, or witch hazel to help relieve the pain
- Apply a moisturizing cream
- Take ibuprofen to relieve pain and decrease skin inflammation
- Drink plenty of fluids

Other Sunburn treatments

- Lightly rub white vinegar on the affected area
- Dip a cotton ball in cold milk and apply to affected area
- Apply pure aloe Vera to affected area
- Saturate a washcloth in a Baking Soda solution (4 tablespoons in 1 quart of water) and apply to the affected area.
- Make a Baking Soda paste with 3 parts Baking Soda and 1 part water and apply to the area.

See a doctor if

- Sunburn is widespread and severe
- Sunburn blisters are accompanied by chills, fever, and nausea or vomiting. Medical attention is needed to prevent dehydration and infection;
- Eyes are extremely painful or feel gritty. You will need to have your eyes checked by an ophthalmologist (an eye doctor) to determine any damage to the eyes. Corneas are particularly susceptible.

To Prevent Sunburn

- Wear protective clothing such as long sleeves and a wide-brimmed hat
- Apply a sunscreen lotion with a sun protection factor (SPF) of at least 15 to exposed skin
- Be especially careful when on water, sand or snow because sunrays can easily reflect off these surfaces increasing exposure